

I Might Just Lose My Mind

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Improver / Easy Intermediate
編舞者: Victoria Nicholls (UK) - July 2025
音樂: Lose My Mind (feat. Doja Cat) (From F1® The Movie) - Don Toliver



no tags/restarts

Dance begins on lyrics "I don't wanna Lose my mind"

Section 1 - R Side Rock Recover, R Shuffle Full Turn (for none turners option to change to shuffle on spot) L Side Rock Recover, L Shuffle full turn

1-2 Step R to the side rock into it and recover L.
3&4 Step right for ¼ right, step left ¼ right, step right back to 12 o'clock
5-6 Step L to the side, rock into it, recover on R.
7&8 Step left ¼ left, step right ¼ left, step left back to 12oclock

Section 2 - R Heel Grind ¼ turn right, R Coaster Step - L Heel Grind ¼ Left, L Coaster Step

1-2 Grin right heel ¼ to right, step left next to right
3&4 Step right foot back, step left foot back, step right foot forward
5-6 Grind left heel ¼ to left, step right next to left
7&8 Step left foot back, step right foot back, step left foot forward

Section 3 - R Rock recover shuffle half turn, Left Rock Recover shuffle half turn

1-2 Rock R forward recover L
3&4 Step right foot quarter to right, step left next to right, step right forward quarter to right
5-6 Rock L forward, recover R
7&8 Step left foot ¼ left, step right beside left, step left ¼ left (back to 12oclock)

Section 4 - R Rock recover shuffle on spot (optional full turn shuffle), L Rock recover shuffle of spot (optional shuffle full turn)

1-2 Rock right forward recover left
3&4 Step right foot down, step left foot down, step right foot down
5-6 Rock left forward, recover on right
7&8 Step left foot down, step right foot down, step left foot down

Section 5 - Jump feet out, Jump cross, unwind, Hold x 2 (option point R to side, cross, unwind)

1-2 Jump both feet apart, jump into crossing right over left
3-4 Unwind following left shoulder, hold for a beat
5-6 Jump feet out, jump cross right over left,
7-8 Unwind following left shoulder, hold for a beat

Section 6 - R Point, Point, R Sailor step, L Sailor step, R Sailor ¼ turn right

1-2 Point right toes to right diagonal, point right toes to left diagonal
3&4 Step right foot back, step left foot to side, step right foot to side
5&6 Step left foot back, step right foot to side, step left foot to side
7&8 Step Right foot back making ¼ turn right, step left foot to side, step right foot to side

Section 7 - L Kick Ball Change, L slide and drag, Right Kick ball Change R Slide and Drag

1&2 Kick left foot forward, step left foot down, step right foot down
3-4 Step left foot out to side, drag right foot next to left
5&6 Kick right foot forward, step right foot down, step left foot down
7-8 Step right foot out to side, drag left foot next to right

Section 8 - L Cross Rock, Side Rock, Back Rock, together, R stomp.

- 1-2 Rock left forward crossing over right, recover
- 3-4 Rock left foot out to side, recover
- 5-6 Rock left foot back , recover
- 7-8 Step left next to right. Stomp right foot

Enjoy
